

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[View this email in your browser](#)**AMES LABORATORY***Creating Materials & Energy Solutions*

U.S. DEPARTMENT OF ENERGY

**FEBRUARY
NEWSLETTER**»»»————→ **2018**

ES&H Newsletter - February, 2018

**ATTENTION****SHUT THE SASH****PRESS THE "SET BACK" BUTTON****SAVE \$1,100/YEAR/HOOD**

IN ENERGY COSTS, REDUCED FOSSIL FUEL CONSUMPTION & ASSOCIATED EMISSIONS

For additional information or repairs please contact Facility Services at 4-3756 or FIXIT@ameslab.gov

As found in the annual trend analysis of discrepancies noted throughout the laboratory, fume hood sash heights have been on the rise. Keep the following tips in mind to help you remember to shut the sash!

An open fume hood can use as much energy as 3.5 homes!

Match the arrows, as pictured, to ensure your fume hood is in setback mode.





Do you want the chance to ask the professionals from Matheson® your cylinder handling questions?

Representatives from Matheson will be on site for a brief tutorial and hands on learning experience on the safe handling of compressed gas cylinders. The local specialty gas salesperson and safety officer will be at the Laboratory for training, to answer questions and evaluate your cylinder use and storage areas upon request.

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Safe Handling of Compressed Gases in the Laboratory and Plant

Wednesday - Feb. 7, 2018

3 pm

135 Metals Development



MATHESON

ask...The Gas Professionals™

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Did you know that heart disease is the leading cause of death for American women & men accounting for 1 in 4 deaths in the U.S?



REDUCE YOUR RISK:

obesity, physical inactivity, unhealthy diet and high blood pressure are all risk factors

THE GOOD NEWS is that lifestyle changes and managing medical conditions can help reduce your risk for heart disease. Studies suggest that even small changes to your daily habits can have a big impact on decreasing your risk.



BELOW ARE A FEW IDEAS TO INCORPORATE INTO YOUR DAILY LIFE TO KEEP YOUR HEART HEALTHY:

- ♥ Make small changes to your eating habits such as searching out healthier versions of your favorite recipes. Also try buying grocery items that are lower in sodium, sugar and trans fat and stock up on fresh vegetables and fruits. Use spices instead of salt to season food.
- ♥ Try to get 150 minutes of physical activity weekly. Find friends or family members to join you to help keep you accountable. Exercise is a great way to manage stress too.
- ♥ Get your blood pressure and cholesterol levels checked regularly by a health care provider.
- ♥ Quit smoking

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Ames Laboratory is offering two sessions of CPR on February 14th so you can “share the love” by learning to save a life. Even better, Occupational Medicine will be bringing special treats for all participants. Reach out to Learning and Development at 4-9972 to get registered.

8:00am – 12:00pm on February 14th in 140 TASF

12:30pm – 4:30pm on February 14th in 140 TASF

A graphic with a blue-tinted background showing a desk setup with a laptop, a pen, and a mouse. Overlaid on this is the text 'Ergonomic Tip of the Month *' in large white font, and 'WORKING SMARTER, NOT HARDER!' in smaller yellow font below it.

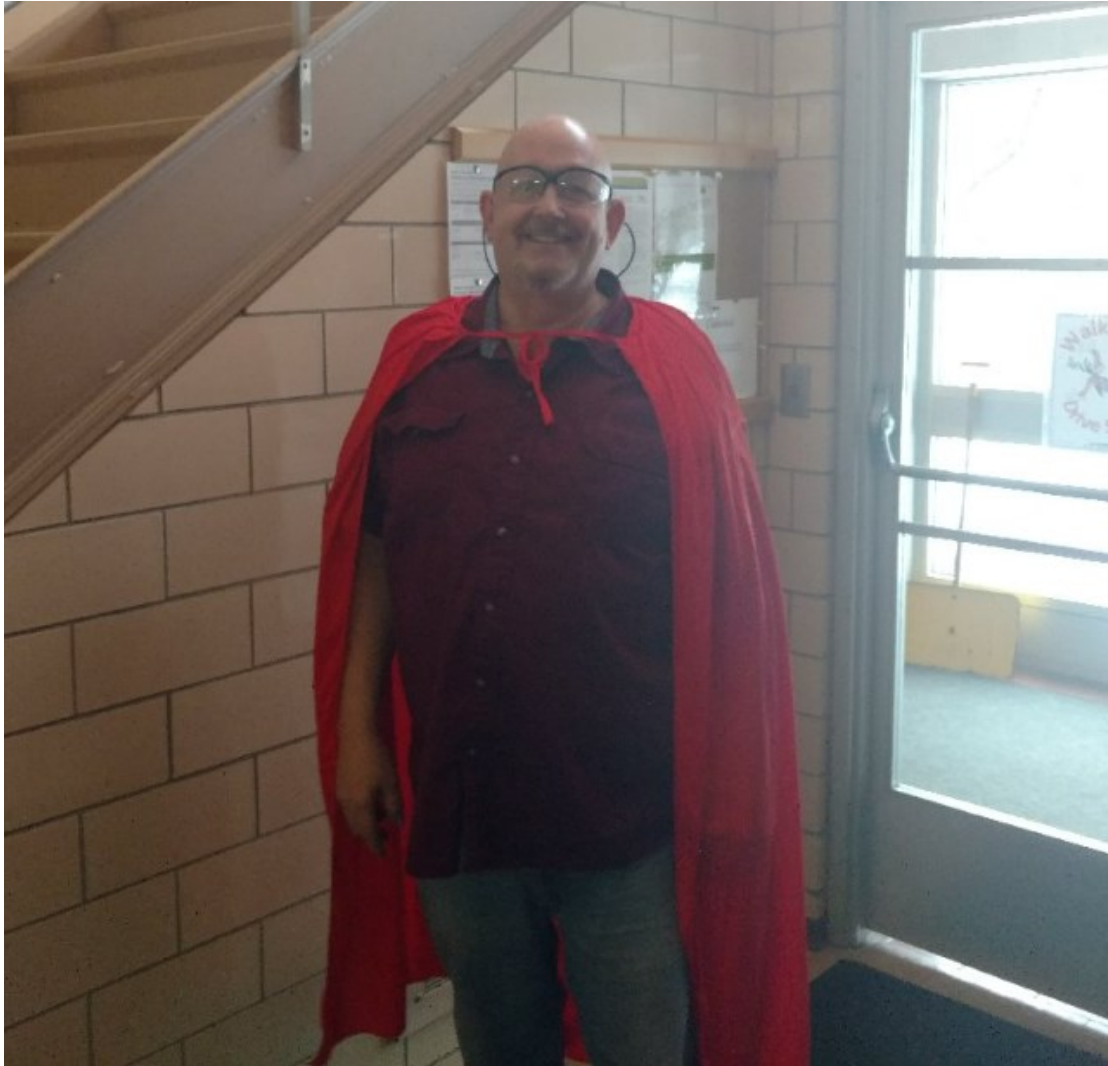
Ergonomic Tip of the Month *

WORKING SMARTER,
NOT HARDER!



These medium-sized liquid nitrogen Dewars are heavier than you think! Empty, a 20L Dewar is between 17 and 27 pounds, and a full one can be more than 60 pounds. Picking one up from the floor and trying to pour from it into a LN2 trap or other smaller container is a back injury waiting to happen!

Using a manual delivery device like this one permits easy delivery to smaller containers; the casters mean it can be easily moved for filling.

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David Boeke is the February Safety Hero for identifying a potential hand abrasion/laceration hazard in Metals Development. The stair railing connection to the vertical post had become loose creating a gap in which fingers could get caught in between. Thanks to the keen eye of Mr. Boeke, FES was able to quickly correct the concern.

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MYSTERY

Safety Photo



Congrats to the winner of January's mystery safety photo, Thomas Koschny. He identified the antique juicer as Vaseline Glass, which is green due to uranium oxides. While not especially dangerous, it is radioactive and should not be used for food preparation.



Hint: Use this and you might find your O.J. too hot to drink.



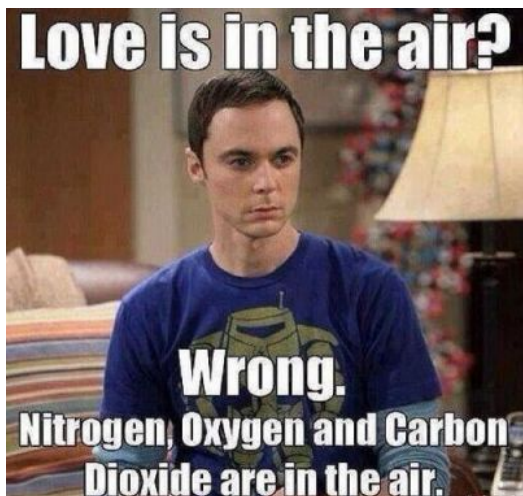
February Mystery Photo



Hint: Coffee makes
everything better...
or does it?

What is it, and why is it unsafe?

Put “February Mystery Photo” in the subject line and submit your entry to safety@ameslab.gov for a chance to win a \$5 ISU Dining gift card, and of course the awe and envy of your peers.

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